



# VALDOSTA STATE FACILITIES

## VSU ATHLETIC FIELDHOUSE

The newest addition to Valdosta State Athletics is the Valdosta State Athletic Fieldhouse. The 41,000 square foot fieldhouse opened in January 2009 at a cost of \$5.8 million, giving the Blazers and Lady Blazers one of the top athletic facilities in the nation.

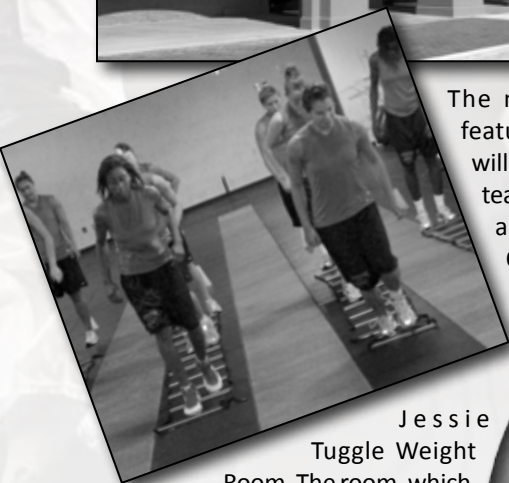


machines and stationary bikes for cardio workouts and a built-in microphone/stereo system to aid the strength and conditioning staff while working with large groups of VSU student-athletes. Additionally, each of the 10 eight-post stations has also been pre-wired for video recording which will be added in the near future, for further evaluation and instruction by the strength and conditioning staff.



Next door to the Jessie Tuggle Weight Room is a 2,437 square foot state-of-the-art athletic training room. The area includes offices for the Valdosta State Athletic Training staff and a private physician exam room as well as a hydrotherapy room for rehabilitation work. The main athletic training area features six taping stations as well as six additional treatment areas plus a cardiovascular/rehabilitation area featuring stationary bikes.

The remainder of the Valdosta State Athletic Fieldhouse includes 3,458 square feet of office space as well as 2,200 square feet of meeting rooms, each equipped with state-of-the-art video equipment. The academic needs of the student-athlete is also addressed as a 1,500 square foot computer lab is equipped with 19 computers.



The new athletic fieldhouse features many amenities that will aid the women's basketball team as it endures the rigors of an entire basketball season. One of the highlights of the new facility is the 7,690 square foot

Jessie Tuggle Weight Room. The room, which encases nearly 10 times the space of its predecessor, is one of the top weight facilities among all NCAA Division II institutions. It features 10 brand new eight-post stations as well as a reinforced medicine ball wall. New self-contained dumbbell stations were also added to the area while a 30-yard speed track was included in the design of the floor. The weight room also features elliptical



#32 Courtney Mitchell



The athletic fieldhouse also includes a 2,800 square foot suite for the future addition of soccer in the 2011 season at VSU. Outside of the facility is space to add two lighted football practice fields, which are planned for completion in the near future, as well as a soccer stadium.





## P.E. COMPLEX

Since 1983, the Physical Education Complex has been the home to Valdosta State basketball. The Complex, as it is known, seats 5,350 fans for each Blazer home event. Prior to the 2006-07 season, the lower level seating in the facility was replaced with new cushioned armchair-style seats. Seating for The Complex is separated into lower, which includes seating along both sidelines as well as the baselines, and upper bowls.

In addition to the arena, The Complex also houses locker rooms for Valdosta State's two basketball teams and for the university's volleyball program as well as men's and women's visiting team locker rooms and two faculty locker rooms along the south hallway. There is also a locker room for the Valdosta State tennis team.

Offices housing Valdosta State's athletic department are located along the east corridor of the facility while the university's kinesiology and physical education department, a branch of VSU's College of Education, is housed along the north hall. Classrooms utilized by both the athletic department and kinesiology and physical education department can also be found along both the

north and south halls.

The Complex also houses a room for Valdosta State's athletic training staff, which is located along the north hall, along with offices for the university's five Certified Athletic Trainers. The upper bowl of the arena also includes an indoor track.



## HOME COURT ADVANTAGE

The Valdosta State Lady Blazers have been stellar at home in The Complex throughout Kiley Hill's tenure as Head Coach.

Last season, VSU was an outstanding 13-1, and the team is 27-2 at home since 2007. Hill is 109-20 at home in The Complex for a winning percentage of .845 in Valdosta.

The Lady Blazers own the P.E. Complex and played in front of as many as 1,726 last season. All together, Valdosta State had 11,441 fans watch the team's 13 home wins last season for an average of 817 per game.





# 2009-10 SEASON OUTLOOK

After finishing 21-9 last season with an NCAA Division II tournament berth, the Lady Blazers have even higher aspirations this season.

As the team enters the 2009-10 season, Valdosta State is in much better position than this time last year. The Lady Blazers added 11 newcomers to the team last season, but VSU returns 10 players this year. Five of last year's top six scorers will wear the red and black again.

The Gulf South Conference is taking notice of what **Head Coach Kiley Hill** and the Lady Blazers accomplished last season as a young team. This year, the GSC coaches tabbed Valdosta State to finish first in the Gulf South Conference's East Division. That makes five times in six years the Lady Blazers held the top spot in the conference in preseason polls.

In addition to the high expectations for the team, senior point guard **Leschelle "Poochie" Matthews** was also chosen to the GSC Preseason Team. That comes as no surprise after she made All-GSC second team last season along with **Brittany Hudson**.

Aside from experience, Valdosta State can also be more comfortable with the team's depth at the forward and post positions this year. At times last year, VSU was spread so thin in the post that 5-foot-9 **Erin Keller** was forced to play down low. This year, Hill and **Associate Head Coach Jennifer Head** signed three players 5-foot-11 or over: **Jocelyn Danley** (5-11), **Brittany Daniels** (6-1) and **Sierra Nixon** (6-2).

Danley is just a freshman, but she has already impressed Hill. Right now she is drawing comparisons to former Lady Blazer greats, but before all is said and done, Hill would not be surprised if future Lady Blazers will be compared to her.

Daniels was a player the Lady Blazers recruited out of high school, and now, after time at East Tennessee State, VSU finally signed her. The coaching staff is big on her scoring ability and competitive spirit.

Nixon adds length to the team. Plenty of Gulf South Conference scorers will be altering their shots this year to avoid her. She provides a strong combination for Hill, as he lauds her talent, will to win and love of the game.

Those three join an already stable core of

post players in **Tamika Booker** (5-11), **Courtney Mitchell** (5-11) and **Jenia Babina** (6-3).

The unquestioned leader of the post group is Booker. Last season she notched seven double-digit rebound games and four double-doubles.

"Tamika's consistent performance last year was just what the doctor ordered," said Hill.

Mitchell and Babina both showed the versatility this post group can offer. Babina brings a quick release on her outside shot while Mitchell provides brute strength under the basket. It should be exciting to watch how Hill deploys his collection of posts and forwards this season.

Anyone who watches Lady Blazer basketball knows that the team will not rely solely on post play. The Lady Blazers have always relied on the three-point shot and great defense that starts on the perimeter. This season will be no different.

Valdosta State sharpshooter **Michelle Thompson** returns this season along with her consistent counterpart Matthews. The senior duo averaged more than 20 points per game together last season. Toward the end of the season though, the pair welcomed a third, **Sczeny Hartry** (8.7 points per game, 10.8 ppg in conference play). The group will also rely on junior **Shakeda Richie**. Richie and Hartry are the best penetrators for the Lady Blazer offense. These four guards should frustrate opposing defenses all season.

The top four guards will be bolstered by returners **Amanda Haven**, **Lauren Maples** and **Maegan Czerepinski**, along with freshmen **Alli Jones** and **Logan Petrey**.

Valdosta State has clearly improved the talent of its roster. That talent behind one of the best coaching staffs in the region should make it a great season to be a Lady Blazer.

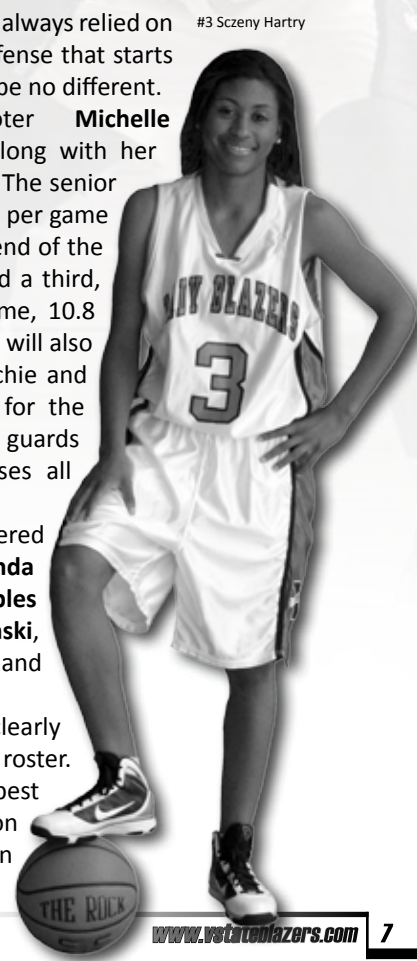


Valdosta State University  
FOR A  
**SHOOT FOR A CURE**  
WOMEN'S BASKETBALL

The Lady Blazers will team up with Head Coach Kiley Hill to raise funds for breast cancer patient services, education and research in their season long campaign, "Shoot for a Cure."

When you join Hill and pledge for each Lady Blazer three-pointer, you'll help people you know in Lowndes County and throughout South Georgia. By showing your support, you'll give the women's basketball team something to shoot for as they help the Partnership Cancer Fund of Lowndes County put a full court press on breast cancer. Help "Shoot for a Cure" today!

To make a pledge or to attain more information on the third annual "Shoot for a Cure", please contact Kiley Hill (229) 333-5892 or visit the women's basketball page at [www.vstateblazers.com](http://www.vstateblazers.com).



#20 Leschelle Matthews

#11 Michelle Thompson

#22 Tamika Booker

#3 Sczeny Hartry